

# Raleigh Parks, Recreation and Cultural Resources

Spring 2014



## Junior Tennis



Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

### Junior Instruction

#### Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class.  
Class Fee: \$60 Weekday/ \$30 Sat.

##### Millbrook Exchange Tennis Center

#152601 Mar 8-Apr 26 Sa 11:00-11:30am  
#152602 Mar 8-Apr 26 Sa 11:30am-12:00pm  
#152598 Mar 10-Apr 23 M,W 4:00-4:30pm  
#152599 Mar 10-Apr 23 M,W 4:30-5:00pm  
#152600 Mar 11-Apr 24 T,Th 4:30-5:00pm

##### Lake Lynn Community Center

#152595 Mar 10-Apr 23 M,W 5:30-6:00pm  
#152596 Mar 11-Apr 24 T,Th 4:30-5:00pm

#### Tennis Jr. Level 1

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.  
Class Fee: \$120 Weekday/ \$60 Saturday

##### Ages 6-8

##### Millbrook Exchange Tennis Center

#152613 Mar 8-Apr 26 Sa 9:00-10:00am  
#152614 Mar 8-Apr 26 Sa 10:00-11:00am  
#152615 Mar 8-Apr 26 Sa 11:00am-12:00pm  
#152609 Mar 10-Apr 23 M,W 5:00-6:00pm  
#152610 Mar 10-Apr 23 M,W 6:00-7:00pm  
#152611 Mar 11-Apr 24 T,Th 5:00-6:00pm  
#152612 Mar 11-Apr 24 T,Th 6:00-7:00pm

##### Lake Lynn Community Center

#152641 Mar 10-Apr 23 M,W 4:30-5:30pm  
#152642 Mar 8-Apr 19 Sa 10:00-11:00am

##### Biltmore Hills Community Center

#152640 Mar 11-Apr 24 T,Th 4:30-5:30pm

##### Kentwood Park

#152634 Mar 8-Apr 19 Sa 9:00-10:00am  
#152633 Mar 10-Apr 23 M,W 5:00-6:00pm

##### Lions Park Community Center

#152638 Mar 8-Apr 19 Sa 9:00-10:00am  
#152637 Mar 11-Apr 24 T,Th 5:00-6:00pm

##### Ages 8-10

##### Millbrook Exchange Tennis Center

#152621 Mar 10-Apr 23 M,W 5:00-6:00pm  
#152622 Mar 10-Apr 23 M,W 6:00-7:00pm  
#152624 Mar 11-Apr 24 T,Th 5:00-6:00pm  
#152625 Mar 11-Apr 24 T,Th 6:00-7:00pm  
#152626 Mar 8-Apr 26 Sa 9:00-10:00am  
#152628 Mar 8-Apr 26 Sa 11:00-12:00pm

##### Lake Lynn Community Center

#152631 Mar 8-Apr 19 Sa 11:00am-12:00pm  
#152630 Mar 11-Apr 24 T,Th 5:00-6:00pm

##### Ages 10-18

##### Millbrook Exchange Tennis Center

#152627 Mar 8-Apr 26 Sa 10:00-11:00am  
#152620 Mar 10-Apr 23 M,W 4:00-5:00pm  
#152623 Mar 11-Apr 24 T,Th 4:00-5:00pm

#### Tennis Jr. Level 2

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match.  
Class Fee: \$120 Weekday/ \$60 Saturday

##### Ages 8-10

##### Millbrook Exchange Tennis Center

#152665 Mar 8-Apr 26 Sa 11:00am-12:00pm  
#152663 Mar 10-Apr 23 M,W 5:00-6:00pm  
#152664 Mar 11-Apr 24 T,Th 5:00-6:00pm

##### Ages 10-18

##### Millbrook Exchange Tennis Center

#152667 Mar 10-Apr 23 M,W 4:00-5:00pm  
#152668 Mar 11-Apr 24 T,Th 4:00-5:00pm  
#152669 Mar 8-Apr 26 Sa 9:00-10:00am  
#152670 Mar 8-Apr 26 Sa 10:00-11:00am

##### Ages 8-18

##### Lake Lynn Community Center

#152675 Mar 11-Apr 24 T,Th 4:00-5:00pm

#### Tennis Jr. Level 3

Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.  
Class Fee: \$120 Weekday/ \$60 Saturday

##### Millbrook Exchange Tennis Center

##### Ages 8-10

#152679 Mar 10-Apr 23 M,W 5:00-6:00pm

##### Ages 11-18

#152682 Mar 11-Apr 24 T,Th 4:00-5:00pm  
#152683 Mar 8-Apr 26 Sa 11:00am-12:00pm

### Junior Competition

#### USTA Jr. Team Tennis

Age: 6-18yrs. Practice and matches for all ages and levels of play. Players must also pay USTA annual membership (\$20) + local league fee (\$16). Fees include a t-shirt, Smash Tennis Magazine, access to tournaments, and a first time tournament fee voucher. Age is based on August 31, 2014.  
**Millbrook Tennis Center—Course Fee: \$60**

##### 8U/10U

**Come try it for free Friday Feb 7, 14, 21 from 5-6:30pm**  
**Practices are Friday 5:00pm-6:30pm**  
**Matches are Saturday 9:00am-10:30am**

#152684 8U Beginner	#152691 10U B Worthdale
#152685 8U Intermediate	#152687 10U Intermediate
#152686 10U Beginner	#152688 10U Advanced

##### 12U, 14U, 18U

**Assessments Feb 4th & 5th at 4:30pm**

**Practices are once a week after school hours**

**Matches are Saturday 10:30am, 12pm, or 1:30pm.**

#152689 12U Bronze	#152697 14U Silver
#152690 12U Silver	#152696 18U Silver
#152698 14U Bronze	#152695 18U Gold

#### Tennis Jr Tournament Training

Age: 8-10yrs. Designed for junior tennis players who have learned all shots, this group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details. **Lake Lynn Class Fee: \$180**

10U	#152699	Mar 10-Apr 23	M,W	5:00-6:30pm
12U	#152700	Mar 10-Apr 23	M,W	6:30-8:00pm
14U	#152701	Mar 11-Apr 24	T,Th	7:00-8:30pm
18U	#152702	Mar 11-Apr 24	T,Th	8:30-10:00pm

To check for weather related cancelations, visit [www.raleightennis.com](http://www.raleightennis.com). Click "City Programs"

**For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4128.**

# Raleigh Parks, Recreation and Cultural Resources

Spring 2014



## Adult Tennis



Raleigh Parks,  
Recreation and  
Cultural Resources  
parks.raleighnc.gov

### Adult Instruction

#### Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$120 Weekday/ \$60 Sat

##### Millbrook Exchange Tennis Center

#152552 Mar 8-Apr 26 Sa 9:00-10:00am  
#152531 Mar 10-Apr 23 M,W 10:00-11:00am  
#152555 Mar 10-Apr 23 M,W 6:00-7:00pm  
#152556 Mar 10-Apr 23 M,W 7:00-8:00pm  
#152532 Mar 11-Apr 24 T,Th 11:00am-12:00pm  
#152533 Mar 11-Apr 24 T,Th 7:00-8:00pm

##### Lake Lynn Community Center

#152553 Mar 8-Apr 19 Sa 9:00-10:00am  
#152550 Mar 10-Apr 23 M,W 6:00-7:00pm

##### Kentwood Park

#152554 Mar 8-Apr 19 Sa 10:00-11:00am  
#152541 Mar 10-Apr 23 M,W 6:00-7:00pm

##### Lions Park

#152545 Mar 8-Apr 19 Sa 10:00-11:00am  
#152544 Mar 11-Apr 24 T,Th 6:00-7:00pm

##### Biltmore Hills Community Center

#152548 Mar 11-Apr 24 T,Th 5:30-6:30pm

#### Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$120 Weekday/\$60 Sat

##### Millbrook Exchange Tennis Center

#152564 Mar 8-Apr 26 Sa 10:00-11:00am  
#152557 Mar 10-Apr 23 M,W 11:00am-12:00pm  
#152566 Mar 10-Apr 23 M,W 6:00-7:00pm  
#152567 Mar 11-Apr 24 T,Th 10:00-11:00am  
#152568 Mar 11-Apr 24 T,Th 7:00-8:00pm

##### Lake Lynn Community Center

#152565 Mar 11-Apr 24 T,Th 6:00-7:00pm

#### Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$120 Weekday/ \$60 Saturday

##### Millbrook Exchange Tennis Center

#152571 Mar 8-Apr 26 Sa 11:00am-12:00pm  
#152569 Mar 10-Apr 23 M,W 7:00-8:00pm  
#152570 Mar 11-Apr 24 T,Th 6:00-7:00pm

##### Lake Lynn Community Center

#152572 Mar 10-Apr 23 M,W 8:00-9:00pm

#### Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin + underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$120 Weekday/ \$60 Sat

##### Millbrook Exchange Tennis Center

#152580 Mar 8-Apr 26 Sa 12:00-1:00pm  
#152579 Mar 11-Apr 24 T,Th 6:00-7:00pm

#### Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$120

##### Millbrook Exchange Tennis Center

#152582 Mar 10-Apr 23 M,W 7:00-8:00pm

#### Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. **Millbrook Exchange Tennis Center: Class Fee: \$60**

#152592 Mar 11-Apr 22 T 9:00-10:00am  
#152593 Mar 13-Apr 24 Th 9:00-10:00am  
#152594 Mar 14-May 2 F 9:00-10:00am

**New Policy Changes—NO RAIN MAKEUPS!** Class length is now 7 weeks instead of 6. The fee is still based on a 6 week class. **For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4128.**

### Adult Competition

#### Ladder

Age: 18yrs and up. Recreational singles & double ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Fee: \$24

#### Singles Mar 3—May 5 (Coed ends Feb 10)

#152704 Men's 3.0	#152709 Women's 2.5
#152705 Men's 3.5	#152710 Women's 3.0
#152706 Men's 4.0	#152711 Women's 3.5
#152707 Men's 4.5	#152712 Women's 4.0/4.5
#152708 Coed Open	

#### Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. **Millbrook Tennis Center.** Class Fee: \$40

#152583 Mar 5-May 14 W 9:30-11:30am

#### RATL: Fall Mixed Doubles League

Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 7:00pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Teams must sign up in person or by mail.

Team Fee: \$75 #152585

#### Free Play for Seniors

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Free

##### Millbrook Exchange Tennis Center

#152587 Jan 2-Apr 28 M,Th 9:00am-12:00pm

#### Free Play for Adults

Age: 18yrs and up. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play.

##### Biltmore Hills Tennis Courts

#152588 Jan 2-Apr 29 T,Th 6:30-9:00pm